

# Ingredient Specification

## Yoghurt Fruit Cups

### Macadamia Yoghurt Cup

**Ingredients:**

Yoghurt (full cream milk concentrate, skim milk concentrate, sucrose, acidophilus & bifidus live cultures), Brookfarm Macadamia Muesli [buckwheat, rice bran, honey, puffed rice, macadamia nuts, macadamia oil, sunflower kernels, coconut, natural sultanas, currants, fruit (apricots, apple), humectant (vegetable glycerine-422), preservative (sulphur dioxide 220), puffed buckwheat, amaranth, prune juice], seasonal fruit

Contains dairy and nuts.

Nutrient	Qty per Serve	Qty per 100g
Energy (kJ)	1573.85	612.39
Protein (g)	13.58	5.28
Fat, Total (g)	12.05	4.69
Fat, Saturated (g)	5.72	2.22
Carbohydrate (g)	50.43	19.62
Sugars (g)	43.36	16.87
Sodium (mg)	131.42	51.13

### KaiOra seed mix Yoghurt Cup

**Ingredients:**

Yoghurt (full cream milk concentrate, skim milk concentrate, sucrose, acidophilus & bifidus live cultures), KaiOra Seed mix [buckwheat, sunflower kernels, raisins (raisins, vegetable oil), sesame seeds, linseed, millet seed, pumpkin seeds, chia seeds, poppy seeds, rice bran, amaranth], seasonal fruit.

Contains dairy and sesame seeds.

Nutrient	Qty per Serve	Qty per 100g
Energy (kJ)	1951.40	707.03
Protein (g)	17.87	6.48
Fat, Total (g)	18.75	6.79
Fat, Saturated (g)	6.09	2.21
Carbohydrate (g)	54.94	19.91
Sugars (g)	43.06	15.60
Sodium (mg)	135.46	49.08

## Bircher Musli

### Bircher Cup

**Ingredients:**

Bircher mix (rolled oats, quinoa flakes, apple and pear juice (apple juice from concentrate organic pear juice, natural and pear aroma, vitamin C), yoghurt (full cream milk concentrate, skim milk concentrate, sucrose, acidophilus & bifidus live cultures), cinnamon, organic sultanas, apple, roasted almonds, yoghurt [full cream milk concentrate, skim milk concentrate, sucrose, acidophilus & bifidus live cultures], banana, apple, almonds, seasonal fruit.

Contains oats and dairy.

Nutrient	Qty per Serve	Qty per 100g
Energy (kJ)	2043.77	610.08
Protein (g)	12.16	3.63
Fat, Total (g)	13.97	4.17
Fat, Saturated (g)	2.62	0.78
Carbohydrate (g)	74.18	22.14
Sugars (g)	45.05	13.45
Sodium (mg)	50.79	15.16



Nutritional information is based on average figures and standard product formulations. Actual servings sizes and nutrient values may vary due to regional and seasonal differences in ingredients, minor differences in product assembly and other factors.

More Taste. More Energy. More Life.™

## Organic Egg, Lettuce & Mayo